

Family carer experiences, roles and support needs: implications for dietitians in rehabilitation

Marshall, Skye; Reidlinger, Dianne Patricia; Young, Adrienne M; Isenring, Elisabeth

Published in:
Nutrition and Dietetics

DOI:
[10.1111/1747-0080.12353](https://doi.org/10.1111/1747-0080.12353)

Licence:
CC BY-NC-ND

[Link to output in Bond University research repository.](#)

Recommended citation(APA):

Marshall, S., Reidlinger, D. P., Young, A. M., & Isenring, E. (2017). Family carer experiences, roles and support needs: implications for dietitians in rehabilitation. *Nutrition and Dietetics*, 74(S1), 42.
<https://doi.org/10.1111/1747-0080.12353>

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

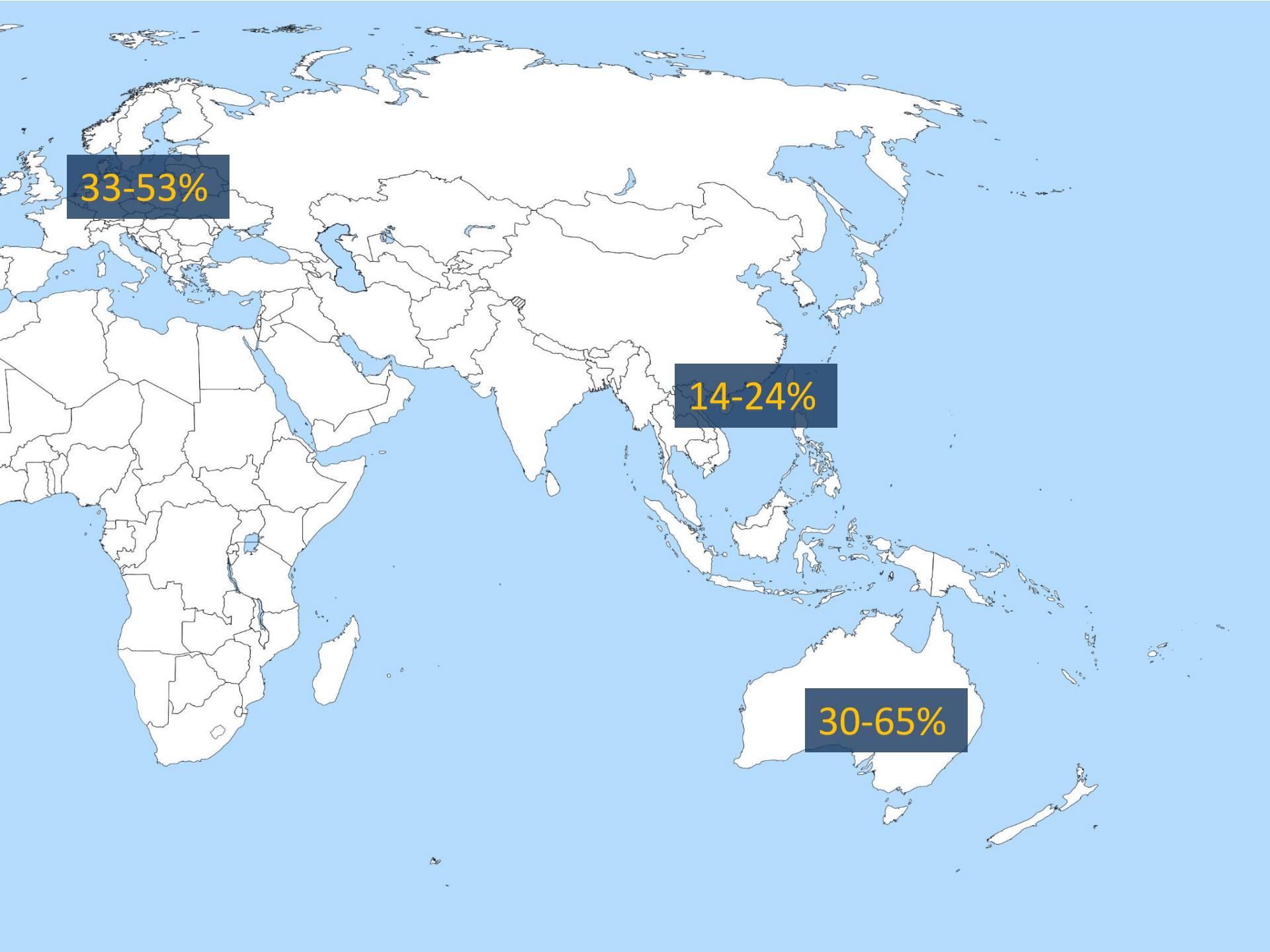
For more information, or if you believe that this document breaches copyright, please contact the Bond University research repository coordinator.



“Carer-Centered Care”

Family carer experiences, roles and support needs: Implications for dietitians in rehabilitation





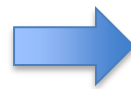
33-53%

14-24%

30-65%



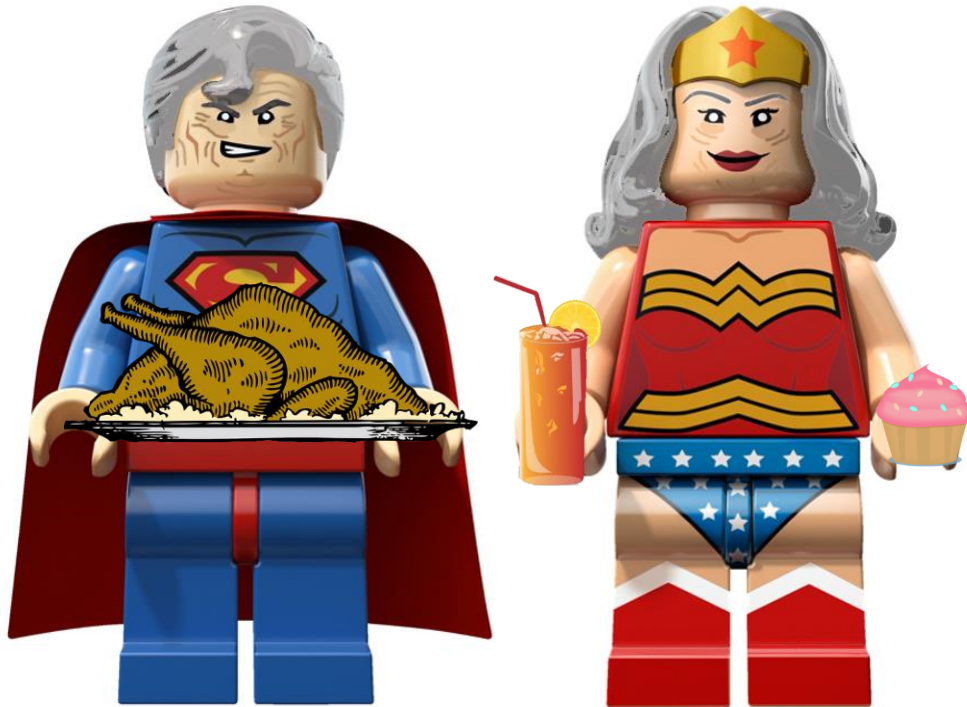
Rehabilitation



Home



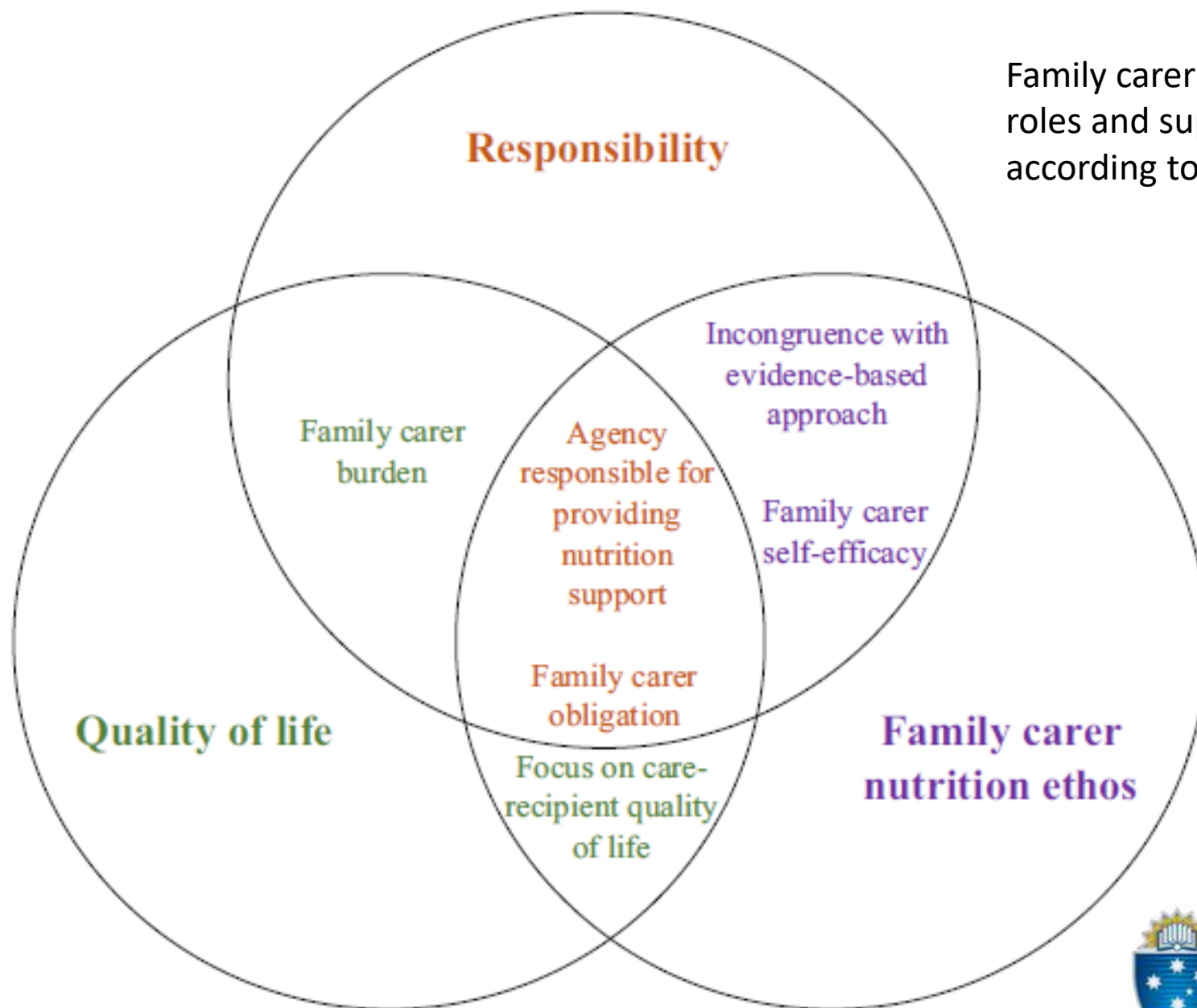
Family caring superheros



The dietitian (also a superhero)



Family carer experiences,
roles and support needs:
according to carers....



Suggestion for practice 1

Welcome to Rehabilitation

Lost your appetite? Did you know there is a dietitian here to help at no cost to you?

Ask your nurse for a referral.



Oh look! Old Lex *has* been eating poorly lately...

Suggestion for practice

1

If Lex needed
a dietitian,
they would
have told me

I didn't
know there
was a
dietitian or
other food
options

They don't
really
understand
Lex's needs –
they couldn't
help him eat
better

Hmm... I
won't ask
for a
dietitian,
its too
expensive

Oh Lex is
fine, he just
needs
more
exercise

I know a lot
about
nutrition; I
can
manage
myself



Suggestion for practice 2

Hi Mr Man, I'm the dietitian at rehab, and I've just been referred to see Mr Luther, I understand he lives with you?



Suggestion for practice 2



“I think it is awfully important to be involved, particularly if he’s coming home. I’d have to be. That’s you know, that’s the be all and end all of that. I mean, I’d have to be.... I’m buying the food, I’m cooking the food, I’m serving the food... I must be involved in that”.

- Joan, carer of Alfred

Suggestion for practice 3



Suggestion for practice 4

What are your beliefs and values about nutrition?



Suggestion for practice 4



Suggestion for practice 5

I can see you both know each other well; what are your current concerns with eating or nutrition?



Suggestion for practice 5



Lex needs soup in the evenings; I make it and freeze it for him every week

No problem, do you have ideas for how to include some meat?

Carer-centred care



Suggestion for practice 6

I didn't know there was a dietitian or other food options

If Lex needed a dietitian, they would have told me

They don't really understand Lex's needs – they couldn't help him eat better

Hmm... I won't ask for a dietitian, it's too expensive

Oh Lex is fine, he just needs more exercise

I know a lot about nutrition; I can manage myself



Suggestion for practice 7

We want Lex to enjoy his dinner with a glass of port; dining is one of his last pleasures in life



I want Mr Luther to gain 0.5kg per week and stabilise BGLs <10mmol/L



Suggestion for practice 7



HPHE + Quality of Life = YUM + Weight stabilisation

Acknowledge

Support



Improved outcomes
in rehabilitation and
once discharged



**BOND
UNIVERSITY**
FACULTY OF HEALTH SCIENCES
& MEDICINE

Older People

The nutrition and food-related roles, experiences and support needs of female family carers of malnourished older rehabilitation patients

S. Marshall , D. P. Reidlinger, A. Young, E. Isenring

First published: 14 July 2016 [Full publication history](#)

DOI: 10.1111/jhn.12397 [View/save citation](#)



[View issue TOC](#)
Volume 30, Issue 1
February 2017
Pages 16–26

Where to read/access:

- ✓ Ask me – I have a few copies here at the conference
- ✓ Search “Skye Marshall” in Google Scholar → link to **free** full text
- ✓ Search the paper in Google (free) or a literature database (not free)